



TLC Christmas Party
Pages 13 - 15

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Return Service Requested
10 SE Squaxin Lane, Shelton, WA 98584

10th Annual Drug and Alcohol Awareness Dinner

FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE

You don't need to be in recovery, just sober, for the event and children are welcome!

People are dying, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects that drugs, alcohol, trauma, and grief and loss have on individuals, families, and communities and to provide resources to the same. We hope to bring families together for support and to facilitate the healing process. I encourage anyone who has been affected by drugs and/or alcohol through either personal use or a loved one's use to attend. There will be a free dinner, free give away, free info, and a free tee shirt (while supplies last) to all who attend. This year's tee shirt design is kindly donated by Jay Deane Ell, an enrolled Lummi Tribal Member and a member of The Native Circle out of Washington Corrections Center.

The dinner will be held on Sunday, January 8th at 2:00 p.m. at Little Creek Casino Resort Event Center. This year's main speaker is J. Carlos Rivera, Executive Director of White Bison. Other participants include: Squaxin Island Safe Streets and SADD. This year's sponsors include: Little Creek Casino Resort, Squaxin Safe Streets, Squaxin 1% and Royal Life Recovery Centers. For information or questions, please contact Christine at 360-402-7297 or by e-mail at cree2sober@aol.com. Hope to see you there!



J. Carlos Rivera

J. Carlos Rivera is the Executive Director at White Bison, Inc. located in Colorado Springs, CO. Carlos is an enrolled tribal member with the Sherwood Valley Band of Pomo Indians. Carlos, CADC-II, received his degree in Chemical Dependency Studies at the American River College. He served as a substance abuse treatment provider for 10-years at the Sacramento

Native American Health Center, Inc. providing services to adult men and women on parole, juvenile offenders and other referrals from the Department of Corrections.

J. Carlos Rivera will introduce the concept of Wellbriety as balance and connection to the natural laws that create healing within the native community. Culturally based tools are discussed as a way for healing families and addressing domestic violence, substance use disorders, and other underlying issues that stem from trauma. A combination of immense losses and traumatic events have impacted native cultures, creating a need for healing. He encourages Natives across the nation to reinstate cultural ways, language and sacred traditions. Unfortunate consequences of trauma include: not believing you have a future, difficulties within families, and a distrust of the outside world. This is passed down through direct parent-child interactions and also through interactions with extended family and the community. Mr. Rivera will demonstrate how healing can take place through application of cultural and spiritual knowledge

Squaxin Island Tribal Council

Winter General
Body Meeting

January 28, 2017

Squaxin Island Community Kitchen

Meeting will start at 9:00 a.m.
Lunch will be served at noon.

Any questions? Please call the
Administration Building at 426-9781.



9th Annual Squaxin Community Salish Sea Plunge
Start 2017 with a Splash into the Salish Sea!

Sunday, January 1st 2017
11:00 AM @ Arcadia Boat Ramp
The plunge will occur at 11:05 AM sharp!
Out with the Old, In with the Cold

Be a part of the New Years tradition by joining us for this fun, drug and alcohol free community event. Everyone of all ages welcome to participate. Costumes are strongly Encouraged.

We will be collecting non-perishable foods to donate to the Squaxin Island Tribe Food Bank.

For more information contact: Joseph Peters (360)490-6825 - jcpeters@squaxin.us



KL A H - C H E - M I N Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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TOLL FREE: 877.386.3649
FAX: (360) 426-6577
www.squaxinisl.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
CHARLENE KRISE: Secretary
VICKI KRUGER: Treasurer
WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

Updates from Council Members

Whitney Jones - December was another difficult month for our community which has been so hard hit with family member passings. But even while grieving, I hope you had the opportunity to consider your blessings and spend a love-filled holiday with family and friends. It's hard to even believe that it is 2017, but we have much to look forward to this year as always.

Please join us at the Winter General Body Meeting on Saturday January 28th at the Community Kitchen. Many of you have been attending more of our various community meetings; thank you for helping that presence grow. I believe the Council and leadership needs continued input, ideas, and prompting in order to be responsive to the General Body and community. Through some of these meetings, you have made specific requests about certain issues and have started conversations about others. I still struggle with how slow things happen sometimes, and I know many of you do as well, but there is movement happening. Come learn more, participate, and help be part of the solution.

I look forward to seeing you there and I'll have more for you next month. Happy New Year!



Merry Christmas

Social Security Disability

If you have been denied Social Security Benefits
because you receive a "Per Capita" distribution
or other Tribal assistance
please contact Diane at the
Squaxin Legal Department for assistance.
(360) 432-1771 ext 0



SKOOKUM CONSTRUCTION LLC.

Developing a Pool of Professional Tradesmen

Skilled in drywall, plumbing, framing, electrical?
Interested in learning a trade?

We are preparing for remodel of LCCR Hotel
Beginning January and running through April
Other jobs may follow

Contact

Jeremie Walls, Owner
Skookum Construction, LLC
360-490-8601

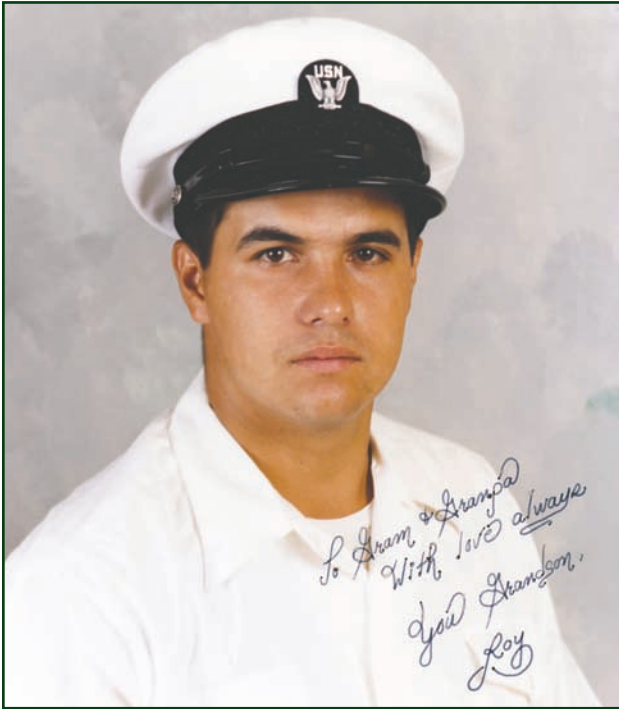


Learn A New Trade





Walking On



Elroy Ellerbe

Elroy Lewis Ellerbe was born on December 22, 1958 in Crescent City, California. Elroy passed away on Thanksgiving morning, November 24, 2016 at St. Peter's Hospital in Olympia, WA.

Elroy fought his battle with cancer for a little over two years. He fought it with a vengeance, surprising his doctors and family as he continued to fight.

Elroy was a grandson of Roy and Clara Bagley Seymour. Clara's brothers and sisters were Johnny Bagley, Frenchie Bagley, Florence Sigo, Josephine Peters, Hazel Bagley, and Violet Bagley.

Elroy had a twin brother, Elmer Lee Ellerbe. They both had a great sense of humor and were always the life of the party.

Elroy is survived by his mother, Lila Jacobs, of Squaxin Island; sisters, Laurinda Thomas of Oklahoma and Dorinda Thein of Squaxin Island; and older brother Moody Addison of Louisiana.

He is also survived by his children: Eric Ellerbe of Shelton; Felicia Thompson of Texas; and Evan Ellerbe of Victoria, Texas; and many grandchildren.

Elroy served in the United States Navy from May 1979 through May of 1982. At one point Elroy and his brother, Moody, served on the same ship, Tarawa, which was a highlight for both of the brothers.

Elroy did some training in San Diego, CA taking courses in electronics. Some of his other jobs included working for the Quinault Indian Nation in the Maintenance Department where he worked with Bill Ogden, Gloria Hill's first husband. They shared the love of fast classic cars and good old rock and roll.

Elroy and his three children lived on the Squaxin Island Reservation for a few years. They also spent some time on Harstine Island near Jarrells Cove with Elroy's Auntie Mable and Uncle Lewis. Elroy fished with his aunts and cousins and went clam digging also during that time. Elroy loved being on the water and practicing his treaty rights.

After serving in the Navy, Elroy worked in construction in San Diego, California working with his dear friend and mentor, Ray Barba, who taught him

everything he knew about the construction field. Elroy referred to Ray as his father.

When Elroy came home to Squaxin Island for the last time, he worked for the Tribe in the Maintenance Department. He was transferred over to the Housing Department where he became a member of the Housing family, working with Lisa, Liz, Juana, Jeremy, Jim and Steve. He took his job seriously and always made sure he was taking care of his tribal members' needs, especially the Elders. He also took great pride in taking care of tribal grounds and giving back to his community.

Elroy was a big Seahawks fan. He loved getting a Seahawked up with Eric and his kids to watch the games every week. He also liked the San Diego Chargers!

He took pride in his work and enjoyed the lighting of the Christmas tree with the Housing team and Maintenance crew as they handed out hot chocolate and cookies to the community.

Elroy also loved spending time with his family, especially his kids and grandchildren. He totally enjoyed the big campout up at Lake Cushman that his sister, Dorinda, set up. He enjoyed seeing everyone and he thanked his sister continuously for doing that.



What's red, rare, and full of hope? YOUR BLOOD!!

**Squaxin
Island
Tribe** **Blood Drive**

Friday, January 6, 2017

10:00 a.m. - 4:00 p.m. Community Kitchen



Walking On



Toby Lewis

David "Toby" Lewis, of Shelton, WA passed away November 23rd, 2016 at the age of 75.

David Larry Lewis was born on May 3rd, 1941 in Tulalip, WA to David J. Lewis and Amy C. Lewis (Byrd). He was known to friends and family as "Toby" and was a resident of Shelton, WA for most of his life and Kamilche, WA later in life. Toby joined the Air Force and became a wartime veteran.

He married the love of his life, Merline Dorey (Conrad), in May of 1966 in Shelton, WA surrounded by family and friends. The happy couple were blessed with a baby girl, Larrinea Lee Lewis, later that year. The family was blessed with a son, David Michael Lewis, in October 1975. During this time Toby worked as a mill plugger at Simpson Mill Co. in Shelton where he worked until his retirement.

Toby's true passion, however, was fishing with his family on the Skokomish River. Much time was spent with the entire family fishing and camping where he taught his sons and daughter how to fish on the river. He also enjoyed supporting his children in sports, where he and Merline actively attended every game.

After retirement, Toby and Merline moved to Kamilche on the Squaxin Island Reservation and did much traveling and enjoyed going on many Squaxin senior vacations. They visited many places, including Mexico, Alaska, The Grand Canyon and Disneyland. He enjoyed watching sports, especially the Seahawks. During this time Toby enjoyed playing with his grandchildren and socializing with friends. Toby made many friends throughout his life and careers. Spending time

with his family and friends was highlighted throughout his life. Toby had a light spirit, and was always laughing and joking with friends.

Late in life, Toby resided at the Retsil Veterans Nursing home where he made instant friends and was loved by the staff. Known as a flirt, Toby was a fun, loving, laughing man until his last days, entertaining many of the staff with his jokes.

Toby was preceded in death by his lifelong love and partner, Merline Lewis; daughter Larinnea Lewis; siblings, Geraldine (Peterson) and Frances Peterson.

He is survived by his sons Bear Lewis, David Lewis; grandchildren, Mary Lewis, Bear Lewis Jr., Brendan Bellon, Camden Lewis, David Lewis Jr., Payton Lewis; great-grandson Toby Lewis; and sister Linda Lake.



Cheryl Brownfield

Cheryl Mae Brownfield, beloved daughter, sister, mother and friend, lost her battle with cancer on November 27, 2016 at Shelton Health and Rehabilitation Center in Shelton, Washington, with her loving husband by her side.

She was born on March 14, 1965 in Centralia, to Margaret and Jim Van Quaethem and grew up in Tenino, graduating with the class of 1981.

Cheryl met the love of her life, Terry, and they were happily married on July 28, 1996.

Survivors include her husband, Terry; her mother, Margaret Erickson; their children Tara and Paul; and brothers; Brian, David and Andy.

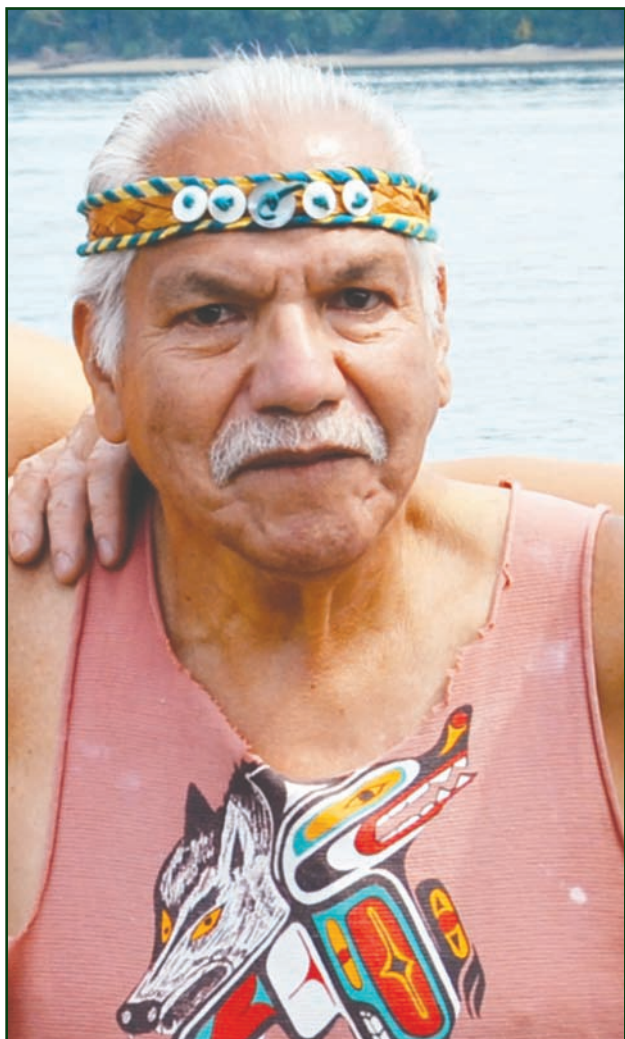
Cheryl was preceded in death by her father, Jim; step-father, LeRoy Erickson; and grandparents, Sadie and Elmer Van Quaethem.

Funeral Services were held at the Squaxin Island Tribal Center gymnasium. Public viewing was from noon to 1:00 p.m. Cheryl was laid to rest in the Sacred Native American burial grounds of the Squaxin Island Cemetery.





Walking On



Del Johns

Delwin Charles Johns, Squaxin Island tribal Elder, passed away on 12/10/2016.

Born in Olympia WA, he was the son of Del Johns and Eliza Johns Tobin. He attended Griffin school as a child and furthered his education at Clover Park College. He worked as a mechanic, a logger and, most importantly, as a Squaxin treaty rights harvester.

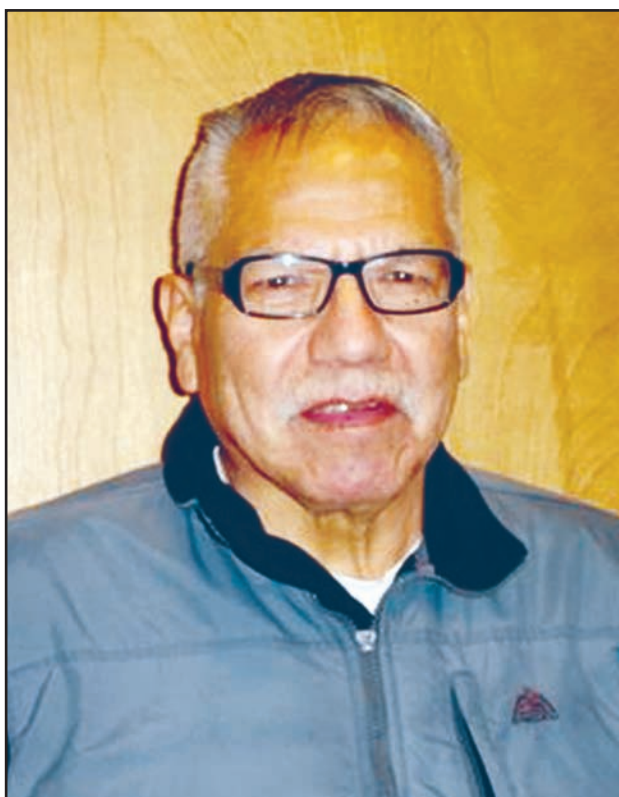
He served our country in the National Guard.

He enjoyed working on boats, digging clams, fishing, hunting and, most of all, spending time with friends and family.

He will be remembered for how clean he kept his vehicles, his skills with a chainsaw, his love of the Salish Sea, and his dry sense on humor.

Delwin is survived by his children, Del, David, and Douglas; his grandchildren, Markiemih, Justin, Tyler, Jennifer, Kalea, Jessica, Jake, Anthony, Max, and Sophia; his great-grandchildren, Jason, Juniper, and Kaya; and his only living sibling, Herb Johns.

Honoring the Life of Del Johns service was held on December 20, 2016 at 12:00 p.m. at the Squaxin gym.



Griffin School Substitute Bus Drivers Needed!

Will train.

For more information, contact:
Karen Lett, Griffin Transportation
klett@griffinschool.us
360.866.5922

Who Are They?



Answer: Rose Davis and Virginia Berumen



TLC Christmas Party





Safe Streets Update

Rene Klusman -
Hello Squaxin Community.

Here is an update on what the Safe Streets program has been doing.

At our November meeting, Mr. Steven Dorland was our guest speaker. Mr. Dorland spoke about prevention here on the reservation. Mr. Dorland has been awarded a Prevention Professional award from the state, and it was an honor to have him speak at the meeting. We would like to extend as big Thank You to Mr. Dorland for speaking with the group. We hope he continues to be invested in the Safe Streets program and community. Also at the meeting we had the Explorers demo the impairment goggles. It was to show what it is like to do normal everyday tasks at different levels of impairment. We then had some fun and anyone who wanted was able to try them out. Fun was had by all and there was a ton of laughs.

We also participated in the Shelton Christmas parade this year. It was so awesome to see our community at the parade.

We hope to see you all at the next meeting.

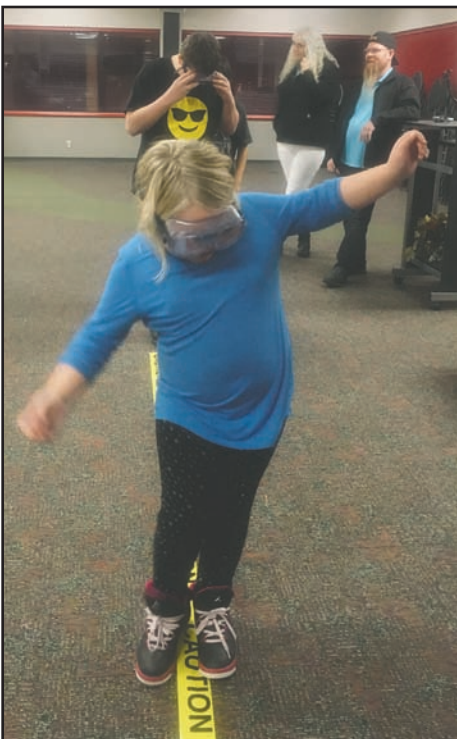
We here at Public Safety and the Safe Streets program want to wish everyone a happy Holiday season. Please stay safe and we will see you all in 2017.

Drug/Alcohol statistics for November 2016

Drug/alcohol related incidents	21
Drug	9
Alcohol	12
Adult	21
Youth	0
Arrests	6
Referred to other agency	4
Tribal Court	2

Building Strong Families Through Culture

Please join us
Tuesdays from 3:00 - 5:00 p.m.
Community Kitchen
Making Regalia
Serving Dinner
Drum Group after classes





Winter Alert

Gus the Doggie Guy - Pet owners need to be reminded of this each year because it can never be said often enough: **Keep pets away from antifreeze.** Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested.

If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.



Explorers Update

Rene Klusman -

Hello again Squaxin Community.

The Explorers have been busy again this month.

We participated in our monthly meetings. We also participated in the Thankful dinner, helping to serve the community, with TLC, handed out the safe streets flyers with the assistance of the Mason County Explorers and Fire Dist. 4 fire apparatus. With their help we were able to hand out flyers to every residence on the reservation. We assisted with the Nov. Safe Streets meeting. We brought the drunk goggles and had everyone try to do normal tasks with the goggles on. Everyone had a fun time and tons of laughs. We participated in the Breast Cancer walk, and the Christmas parade, along with MACCOM, in Shelton.

I would like to take a moment to thank a few people.

I'd like to thank Officer Rollins for assisting in the parade. Also a thank you to Officer Rankin and Explorer Ackerman for decorating the boat for the parade. Thank you to MACCOM Dispatcher Kathy for helping me to hand out candy to the parade crowd.



A Squaxin Island TANF Sponsored Event at Family Services.

HIGH SCHOOL 21 + PROGRAM

When: Weekly Tuesday & Thursday 8:30 am to 11:30 am

Who Should Attend: Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps. Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs. You do not have to be a TANF client to participate.

Experiences might include GED tests before 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

To Begin contact Shannon Bruff to obtain your High School transcripts. Shannon Bruff, (360) 432-3961, sbruff@squaxin.us



SHANON MILLMAN
Come in and meet our teacher.

Thanks to SPSCC, Shanon Millman, and the students hard work, We already have three students graduated! Squaxin Island TANF

A Gift for Chairman of Standing Rock



My name is Steven Dorland, I am a 34 year old Squaxin Island Tribal Member (People of the Water.) I was taught to weave by my grandmother. To Coast Salish people, the great cedar is the means of a lot - housing, clothes, a source of heat, and medicine. We would use it as a blessing and before we went to war. I was inspired to make you this for all that you and your people are doing for the World. I wanted to put the water in the hat as a reminder of what we are standing to protect. Words can never express the amount of gratitude that I have for all of those who are there, and the way that we have come together as ONE to speak up for Mother Earth!! Please accept this gift and blessing from us as a small token of our appreciation.



TLC Christmas Party





Estate Planning Information

Writing a Will is Very Important. With a will, you control which of your heirs receives property and how much. If you have minor children, you can nominate guardians and make arrangements for their care and education. Once your will is written and examined by an attorney with experience dealing with AIPRA, your property is much more likely go to whom you designate.

What happens when you die without a will?

“Intestate” is the legal term for when a person dies without a will. When a person dies intestate, state, tribal or federal laws will determine who inherits your property.

Living wills and other advance directives state your preferences regarding medical treatment in the event of a serious accident or illness. These legal documents speak for you when you’re not able to speak for yourself.

Health Care Powers of Attorney allows you to appoint someone to make medical treatment decisions if you are no longer able to make them yourself. This document can be combined with a will.

Getting Started

If you plan to draft a will, there are steps you can take now to make the process easier and faster.

1. Gather documents related to any real property (land and buildings fixed to the land) you own. If you own Indian trust property, you will need your Individual Trust Interest Report. If you don’t have a current copy, you can request one from the local or regional Bureau of Indian Affairs (BIA) realty office or through the Office of the Special Trustee for American Indians.
2. Consider who you would like to leave your property to and who you would like to handle your estate after you pass.
3. Try to meet with a lawyer who specializes in Indian or estate planning law before you draft a will. If you cannot afford to have a lawyer prepare your will, talk at least once with one for advice.

Contacting Northwest Justice Project

The Northwest Justice Project’s Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

Toll-free at 1-888-201-1014, between 9:15 a.m. and 12:15 p.m., Monday through Friday.

General Information Line: 1-888-201-1012
www.nwjustice.org

Special Problems for Trust Land

When the United States first established the allotment system, reservation land was divided and assigned to individuals. The land was to be held in trust by the United States for the benefit of tribes and individual Indians. The United States determined the heirs and distributed the property of deceased Indians.

However, because many Indians died without wills, property was often shared equally among the heirs. For example, if a person was allotted 80 acres and had four children when he died, that piece of land was shared equally by the four heirs. When those four children died, if they each had three children, their one-fourth piece was divided among their three children. The original 80 acre piece of land now has 12 owners, each owning about six and one-half acres, though the parcel remains undivided. Eventually, this piece of trust property might have hundreds of owners.

The problem with having a piece of land owned by many different people is that a single owner cannot develop or even live on the property without obtaining permission from a majority of the other owners. This means Indian landowners find it very difficult to use and control their own land.

What is AIPRA?

The American Indian Probate Reform Act (AIPRA) is a law enacted by Congress which became effective June 20, 2006. AIPRA sets the rules for distributing Indian trust property through a will or without a will.

Why was AIPRA created?

One of AIPRA’s main goals was to help reduce the fractionation of Indian trust land ownership through inheritance. Some allotments have hundreds of co-owners, which makes it almost impossible for anyone to use the land.

“A will allows you to provide clarity about your wishes and prevent conflict among family members.”

Why is estate planning different for Indians?

Indians often own both trust land and trust funds. State courts and tribal courts are generally not allowed to participate in the probate of trust property. This means that there will often be two probates for the property of an Indian who owns trust land; one by the U.S. Department of the Interior (DOI) for trust property, and one in state or tribal court for everything else. Normally, AIPRA’s uniform probate rules apply to the probate of trust property, unless the property is located

The Northwest Justice Project’s Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

Information provided by:



Northwest Justice Project

Serving the Legal Needs of
Washington State’s Native
American Communities





Donation Drive for Homeless People 12/12 to 12/30

Cold weather items needed now!

Crossroads Housing, Community Lifeline, Northwest Resources, North Mason Resources, HOST and Mason County Public Health are joining efforts to assist the homeless and we need your help to donate any of the following items:

- Hats
- Gloves
- Socks (wool or warm synthetic)
- Sleeping bags
- Coats
- Tarps
- Duct Tape
- Blankets
- Tents
- Sleeping Bags
- Feminine Hygiene Supplies
- Other hygiene Supplies (toothpaste, shampoo, soap)
- Money (gift cards, help host upcoming event)
- Wash cloths
- Dog food
- Large bath towels
- Water bottles
- Camp stove propane bottles
- High protein granola bars

Donations accepted at:

Crossroads Housing (1pm – 4pm)
71 Sargison Loop, Shelton
(360) 427-6919

Northwest Resources (9am – 5pm)
121 N. 5th St., Shelton
(360) 868-2677

North Mason Resources (9am – 4pm)
140 WA-300, Belfair
(360) 552-2304

Organizations that want a central pick up
Contact: Todd Parker, Mason County Public Health
360-427-9760 ext. 293



Northwest Resources of Mason County
Case Management Services

S. O. S

Services, Opportunities & Sponsors

TLC Christmas Party





be | prepared

FEMA Flood Mapping Updates Are Underway:

Make Sure Your Family and Property Are Protected and Accurately Designated

The Tribe's Natural Resources Department has been participating in the Federal Emergency Management Agency's (FEMA) current update and review process for Flood Hazard Mapping. This is the first update for Flood Mapping since the 1990's.

Through FEMA's flood hazard mapping program, Risk Mapping, Assessment and Planning (MAP), FEMA identifies flood hazards, assesses flood risks and partners with states and communities to provide accurate flood hazard and risk data to guide them to mitigation actions. Flood hazard mapping is an important part of the National Flood Insurance Program (NFIP), as it is the basis of the NFIP regulations and flood insurance requirements. FEMA maintains and updates data through Flood Insurance Rate Maps (FIRMs) and risk assessments.

Now is the time to review your property, its location relative to FEMA's Flood Hazard Mapping, and if appropriate engage with FEMA for review and revision of your property's designation.

FEMA's Flood Hazard Mapping website:

<https://www.fema.gov/national-flood-insurance-program-flood-hazard-mapping>

To search for information about your property go to:

<https://msc.fema.gov/portal>

It is advisable to act now to confirm that your property is accurately mapped/designated as either 'in' or 'out' of the flood plain, as once the updated preliminary Flood Maps become effective the process for correcting designation errors becomes much more time intensive and costs money. Errors in the preliminary Flood Maps can be corrected during the review period at NO CHARGE.

Brian McTeague at Squaxin Natural Resources will be available to discuss the FEMA Flood Program & Process, to review your property's updated Flood Hazard Mapping designation, and to assist tribal members with using FEMA's website.

For more information or to schedule a time to visit with Brian at the Natural Resources Department contact him at: (360)432-3800 or bmcteague@squaxin.us



Improvements to Water System

The Department of Community Development advised today of needed improvements to the Tribe's water system. The improvements have been planned for some time but will be undertaken sooner because of recent water sampling results. Sampling indicates an increase in copper in the water supply at the Health Clinic, Learning Center and Child Care Center caused by corrosion in the supply pipes. The area of concern is limited; the remainder of the system that was tested is all within quality standards.

The Department will oversee a program of corrosion control approved by the Environmental Protection Agency of introducing sodium silicate to the water supply, which increases the pH level and thereby reduces or eliminates corrosion. The Department will begin introducing the sodium silicate on or before December 7, 2016.

To ensure the highest quality water supply for the Health Clinic, Learning Center and Child Care Center, the Department is providing fresh bottled water for drinking and cooking. The alternate water is immediately available. It is anticipated that further testing in 2 to 3 weeks will result in reduced copper levels and that an alternate water supply will no longer be necessary.

All of the Tribal homes tested were well within water quality standards. If any Tribal Members are concerned about copper levels, letting the water run for 20-30 seconds before using it, is a precautionary measure.



TLC Christmas Party





Youth Afterschool Program

Jerilynn Vail-Powell - As we jump back in the swing of afterschool, please remember to update any of your youth registration forms. We want to make sure we have all current contact information for all families. Another reminder, we follow the Shelton School District school closures. This means:

- 1. If school is cancelled for the day due to hazardous weather, the TLC will be closed for the day.
- 2. If the school day starts 2 hours late due to hazardous weather, the TLC will open at 9:30 a.m. instead of 7:30 a.m.
- 3. If the school district cancels afterschool activities due to hazardous weather, the TLC will cancel its afterschool activities as well. If this happens, we will attempt to reach out to the families of youth participating in our afterschool programs to remind you of the closure.

If you have not already done so, please like our Tu Ha' Buts Learning Center Facebook page, we post updates on our page of any closure or schedule changes.

We will also be back into the swing of inter-tribal league basketball. This session is for elementary and Jr. high. As soon as we have our game schedule, we will post it and have copies ready for the youth and families to pick up. We hope to see all the youth on the basketball court for practices. Our current basketball practice schedule is: Tuesday and Thursday for Jr. high from 3:30 to 4:30 p.m. and elementary from 5:00-5:45 p.m. It would be great to have the community come and cheer when we have home games on Wednesdays. It is also the beginning of our basketball tournament season. This is always an exciting time of year.



January

C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teen Center Closed	3 Teen Center Closed	4 Teen Center Closed	5 Youth Council 5:00-6:00	6 Early Release Game Day 12:00 - 6:00
9 Basketball Practice 3:30-4:30	10 Craft Class 3:00-5:00 Drum Group 5-7	11 Native Skills 3:30-6:00 Basketball Practice 3:30-4:30	12 REAL TALK 3:30-5:00 Youth Council 5:00-6:00	13 Movie Night 4:00-6:00
16 No School CHUM Points Party TBA Basketball Practice 3:30-4:30	17 Craft Class 3:00-5:00 Drum Group 5-7	18 Native Skills 3:30-6:00 Basketball Practice 3:30-4:30	19 DIY DAY 3:00-5:00 Youth Council 5:00-6:00	20 Early Release Self-Care Day 12:00 - 6:00
23 Basketball Practice 3:30-4:30 Youth Mentor Meeting 5:00pm	24 Craft Class 3:00-5:00 Drum Group 5-7	25 Native Skills 3:30-6:00 Basketball Practice 3:30-4:30	26 DIY DAY 3:00-5:00 Youth Council 5:00-6:00	27 No School Teen Night 7-10pm
30 Basketball Practice 3:30-4:30	31 Craft Class 3:00-5:00 Drum Group 5-7			



GED and Homework Support

Jamie Burris - Now is the time to begin thinking about your New Year's resolutions. Make one of your resolutions earning your GED in 2017! If you are a tribal member or descendent, the Tribe will pay for your practice tests and testing. This is a huge benefit that you should be using. Usually each practice test costs \$6.00 as well as the official tests costing \$30.00 for each subject. There are four subjects: math, language arts, science, social studies. I am here Tuesday, Wednesday and Thursday from 4:00-7:00 p.m. in the classroom upstairs. Come up to find out about the GED program, how to earn a GED and how I can help you on this journey.

Finish 2016 on a good note – no missing assignments and all homework completed! Come up after school to get help getting all of your work completed. I am here to help with your schoolwork as well as providing a quiet place to work. I am in the upstairs classroom in the education building Tuesday, Wednesday and Thursdays from 4:00-7:00 p.m. For more information on either GED or Homework Support, please email me at jbarris@mcclary.wednet.edu. Additional information about the GED can be found online at www.ged.com.



Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tribe is Closed	3 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	4 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	5 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	6 SSD-1.5 HR ER Rec Rm: 1:00-6pm Fun Day Friday: 5-6pm Open Gym: 1:00-6:00 Open Swim: 5-8pm
9 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	10 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	11 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	12 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	13 WHL-Noon ER Rec Rm: 1:00-6pm Movie Night from 5-7pm Open Gym: 1:00-6:00 Open Swim: 5-8pm
16 NO SCHOOL Rec Rm: 9-4pm Open Gym: 9-4pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	18 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	19 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	20 SSD-1.5 HR ER Rec Rm: 1:00-6pm Fun Day Friday: 5-6pm Open Gym: 1:00-6:00 Open Swim: 5-8pm
23 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	24 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	25 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	26 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	27 SSD-NO SCHOOL WHL-NO SCHOOL Rec Rm: 10-6pm Open Gym: 10-6pm Open Swim: 5-8pm
30 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	31 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm			
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:		M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm		ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District
				I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



Tutor News, Part 1

Lynn White, Squaxin Island 6-9th Grade Tutor - The first semester is coming to an end on January 26, 2017, which means we are half way through the year! After the semester change, late work from first semester will no longer be accepted by teachers. A reminder for 9th graders - your credits matter for graduation, so passing all your classes is important.

I am available before school for homework help. I am also at the TLC after school until 4:00 p.m. Monday-Friday. Creating good study habits when they are young will carry your child through their entire school career. Let's start young and get them in for afterschool study help! If you'd like to talk with me about your Shelton middle school or junior high student, please email me at LWhite@squaxin.us.

Tutor News, Part 2

Julie Martinez, Squaxin Island 10-12th Grade Tutor - The end of the first semester is quickly approaching, and it seems like it was just a short time ago we were starting the school year! Now is the time for high school students to review their grades, retake tests if needed, and prepare for finals. I can give students lists of their missing assignments and tests they need to retake, if I haven't already. Students need to communicate with their teachers about test retakes so they can schedule time to make

that happen.

As we head into second semester, I would like to address an ongoing issue that seems to be having a huge impact on students' grades and success in school - the dreaded cell phone. Quite a few students are spending more time texting, snapchatting, instagramming, facebooking and messaging than participating in class. They have developed all sorts of ways to engage in their phones without drawing attention to themselves, and it is reflecting in their grades. The high school has a cell phone policy, and the teachers do their best to enforce it, but the students are pretty talented at hiding their cell phone use. Kids frequently complain about teachers not explaining assignments, not being clear about due dates for projects, or not explaining an equation, but go figure, the students were on their phone when the teacher was delivering the information.

--I have had some luck convincing kids to keep their cell phones in their backpacks, and they are always surprised at how much easier classwork is when they are focused on the class and not the screen. Please talk with your kids about their cell phone use. If they can see a connection between cell phone use and getting lower grades than expected, leaving the cell phone in the backpack during class might be a good step forward. Thanks for your support!





TLC CHRISTMAS PARTY



To see all the fun Christmas Party photos:
www.squaxinland.org/squaxinphotos





TLC CHRISTMAS PARTY





HEALTH CLINIC



Clinic Events

Diabetes Support & Education

Everyone is welcome— those with Diabetes or not.
Come for a few minutes or the whole time

Monday, January 16, 2017
Right after Elder's lunch
at Elder's Building
12:45 to 2 pm

Diabetes Wellness and Sleep

Presenters: Jamie Curry, RPSGT Sleep Specialist
Dana Ochsner LPN Territory Manager ,
Innovative Sleep Center

**You can Take Charge of your Diabetes &
Live a Long, Healthy Life**

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929



What Is 5-2-1-0?

5-2-1-0 is a simple message for you and your family to eat healthy and be active.

Why 5-2-1-0?

5—Eat 5 servings of fruits and vegetables each day

The vitamins and minerals in fruits and vegetables helps kids grow. They also help fight off illness. Eating fruits and vegetables may prevent weight gain. They fill up a stomach with low-calorie, healthy foods.

2—Limit screen time (unrelated to school) to two hours or less everyday

Watching TV/video games occupies many children for several hours each day, and is associated with physical inactivity, eating too much, and obesity. The American Academy of Pediatrics (AAP) recommends that children under two years of age should not watch TV. Too much TV has been linked with low reading scores and attention problems.

1—Get one hour or more of moderate to vigorous physical activity everyday

Active play is fun and great for your child's health. Active kids will likely become active adults. What you teach them early will become part of how they live as an adult.

0— Limit sweetened drinks (to near 0 a day).

Soda, sports drinks, chocolate milk, and juice have a lot of sugar, which adds empty calories. High-intake of sugar-sweetened beverages among children is associated with overweight/obesity, displacement of milk consumption, and dental carries. Low-fat milk is best for kids. They don't need the extra fat and calories in whole milk. Whole milk is the single largest source of saturated fat in children's diets. Switching to low or non-fat milk products significantly reduces dietary saturated and total fat, as well as total calories.



Tips to Implement 5-2-1-0

To increase vegetable and fruit intake:

- Limit 100% fruit juice.
- Be prepared. Keep washed ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza and soups.
- Be a role model. Others are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 to 10 times before you like it!

To increase physical activity:

- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same!
- Be consistent. If you decide on the "1 hour rule" or set aside a specific time for activity...stick to it!

To limit sweetened beverages:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on soda and sugar-sweetened sports and fruit drinks. It has little nutritional value, adds calories to your diet, increases the occurrence of cavities, and may increase your risk for bone fractures later in life.
- Drink Water! Water is the best choice! Not only is it the most healthful drink, it is also the cheapest.
- Drink 3-4 servings/day of fat-free/skim or 1% milk.

To limit screen time:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games. Trips to the library, museum, local pool, and park or farmers market are great ideas.
- Tune into dinner, not the TV. Do not watch TV during mealtimes. Focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

California Medical Association Foundation

3835 North Freeway Boulevard, Suite 100, Sacramento, CA 95834

Phone: (916) 779-6620 • Fax: (916) 779-6658

www.thecmafoundation.org

Cancer Support Groups

Comprehensive Cancer Control Program



Date: January 20, 2017

Time: 12:00 p.m. (Noon)

Where: Health Promotion
Building (across
From the clinic)

All are welcome. A light meal will be provided.
Contact Traci Lopeman 360-432-3930 for more information.

WIC at SPIPA

(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:

Your child, Provider One Card
or paystub and Identification for
you & your child

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224

Tuesday,
Jan 10th is
WIC DAY at
SPIPA



Ten “Doable” Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: _____ Date: _____

1 Earlier in the day, eat breakfast or healthy snacks. Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
☐ YES! I can! ☐ YES! I did it!

2 At the special gathering, limit before-meal chips and crackers. Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
☐ YES! I can! ☐ YES! I did it!

3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose. Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.
☐ YES! I can! ☐ YES! I did it!

4 Choose vegetables that are raw, grilled or steamed. Avoid vegetables in cream sauce, gravy, butter or cheese sauce.
☐ YES! I can! ☐ YES! I did it!

5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas. Avoid regular sodas and juice.
☐ YES! I can! ☐ YES! I did it!

6 Avoid drinks with alcohol or limit them. Women should drink no more than one alcoholic drink a day. Men should drink no more than two.
☐ YES! I can! ☐ YES! I did it!

7 If you choose to eat dessert, have a small piece. Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.
☐ YES! I can! ☐ YES! I did it!

8 After the meal, take a walk with family members. Walking will lower your blood sugar level. You will have more energy.
☐ YES! I can! ☐ YES! I did it!

9 If you eat too much, don't feel bad. You have not failed because of one meal. Think about the days you did not overeat.
☐ YES! I can! ☐ YES! I did it!

10 Plan to get back on track the next day. Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!
☐ YES! I can! ☐ YES! I did it!

There are so many reasons to get to a healthy weight . . .



You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



Produced by IHS Division of Diabetes Treatment and Prevention, 12/2012. To print this and other patient education material, go to www.diabetes.ihs.gov, click **Printable Materials**.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov



2016 Intertribal Breast Cancer Awareness Walk

SPIPA Cancer Programs - Hosted by Squaxin Island Tribe

Jen Olson - Even though rain was in the forecast, over 130 Tribal and Community members braved the weather and busy holiday season to walk in support of those on the cancer journey on November 19th. The 2016 Intertribal Breast Cancer Awareness Walk was hosted by the Squaxin Island Tribe. The event was initially scheduled for October 15th. Due to severe storm warnings, the event was postponed until November 19th. Those planning the event were not sure if we would have good weather or much participation due to the date change. What a wonderful surprise to not only have a break in the rain, but so many participants that we had to set up extra tables! What a strong illustration of how much our intertribal community supports those going through cancer.

The Walk initiated at the Squaxin Island Community Kitchen and circled around the sports fields, Tribal Offices and followed a country road for a distance of 1.5 miles. A group of dedicated walkers completed the loop twice to make 3 miles. Umbrellas were up for the beginning of the walk, but the rain soon stopped and the walk was completed during the break in the rain. We send a special thank you to the Squaxin Island Police for helping the group stay safe during road crossings.

This year's walk was a collaborative effort between the staff of the Native Women's Wellness Program, Squaxin Island Tribal Health and the SPIPA Cancer Control Program. 2016 marks the 6th annual Breast Cancer Awareness Walk. However, this year the color purple was chosen for the theme of the event in order to recognize all cancers and cancer survivors.

Charlene Krise, Squaxin Island Elder and Council Member provided a heart-felt welcome to the participants. Paula Henry, Squaxin Island Elder, gifted us with a prayer and a message that each step taken during the cancer walk is a silent prayer for loved ones facing cancer. Elizabeth Siegel, FNP at Nisqually and Rob Woodall, PA (retired from Skokomish) gave a short talk on the importance of annual physicals called "Well-Woman" and "Well-Man" exams. Keeping up with annual physicals will ensure cancer screenings are up to date and other age-appropriate tests and screenings are completed. Early detection is the best prevention. We were also honored to have Darlene Fanus from Swedish Mobile Mammography attend the event and share a few words on the importance of breast cancer screening for early detection. We thank Darlene for her words and the mobile mammography services provided by Swedish Health Systems.

Following the walk and lunch, the event continued with a speakers and honorings. The keynote speaker for event was Millie Wagner, Squaxin Island Elder. Millie told her story of facing breast cancer and the challenges of treatment while juggling work, family and the unknown of a cancer diagnosis. Millie is now a 30+ year cancer survivor and a powerful spokesperson for living well after cancer. Thank you Millie for your bravery and your words that touched all those in the room.

Cancer Survivors/Champions were honored at the end of the event. First, Breast Cancer Champions were asked to come forward. Each received an honoring plaque with the message.

Thank you!

Many of our Cancer Control and Tribal Partners contributed to the success of this year's Cancer Walk. A special thank you goes to the following:

Squaxin Island Tribal Health – provided funds for the lunch and the raffle items

Chehalis Lucky Eagle Casino – provide fruit and vegetable trays, desserts

Shoalwater Bay Casino – provided bottled water

Native JourneyWoman – provided tote bags

Puget Sound Komen - provided honoring gift for speaker

Swedish Mobile Mammography - provided speaker time/travel



The logo used for this year's walk was chosen through an intertribal art contest. The winning logo was drawn by Mike West, Squaxin Island. The logo is named "Noble Eagle" and represents the strength of those on the cancer journey. We thank Mike for the inspiring design. The art was used on both the "Walking in Wellness" jackets and the honoring plaques for each cancer survivor.





HEALTH CLINIC





BEAT IT!

You can help your child stay at a healthy weight and prevent diabetes. Help them be physically active 1 to 2 hours each day.

BEAT IT!

Freedom Pratt Will
(TLINGIT / MUCKLESHOOT)
stays fit
by drumming and dancing

IHS Division of Diabetes
Treatment and Prevention
TO PRINT POSTERS GO TO
www.diabetes.ihs.gov/printable-materials



Ranger-Led Snowshoe Walks at Mount Rainier/Paradise

Submitted by Patty Suskin, Diabetes Coordinator
<http://visitrainier.com/ranger-led-snowshoe-walks-at-paradise-2>
Address: Paradise-Longmire Rd, Ashford, WA 98304
Phone: 360-569-2211

Distance and Time: The walks cover approximately 1.5 miles in two hours. This is a good opportunity for beginners to try the sport.

Group Size: Snowshoe walks are limited to 25 people, 8 years old or older, on a first-come, first-served basis. A sign-up sheet is available at the Jackson Visitor Center information desk one hour before each walk.

Equipment: You will need snowshoes. They can be borrowed from the park for a \$4 per-pair donation, which defrays the cost of snowshoe maintenance and replacement, or you can use your own snowshoes. Participants also need to bring a hat, mittens or gloves, suitable boots (because you will sink into the snow even wearing snowshoes), sunscreen and sunglasses.

When: Ranger guided snowshoe walks at Paradise are scheduled to begin December 23, 2016 through March 26, 2017. The walks will be offered on weekends and holiday periods when the visitor center is open, begin at 11:00 a.m. and 1:30 p.m., and last two hours each. Sign-ups are filled on a first-come, first-served basis, and begin one hour in advance of each walk at the Jackson Visitor Center information desk.

Read: Blogger Julie Johnson's experience on a Ranger-Led Snowshoe Tour at Paradise.





January Happy Birthdays

- | | | |
|---|--|---|
| 1
Aaron Nathaniel Evans
Jessica Kay Solano
Nancy A. Moore | 10
Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas | 21
Jacob Wesley Campbell
Traci Lynn Lopeman |
| 2
Fernando M. Rodriguez
Patrick Allen Braese
Sydney Marie Tuso
Tory Lee Hagmann | 11
Anthony Joe Armas
Cassidy J. Gott
Lolyta Jean Johns
Natasha P. Gamber-Chokos
Patricia Johnna Green
Seilyah Emily Louise Smith | 22
Kahsai Tiefel Gamber
Percy James Welcome
Shawnell Lynn McFarlane |
| 3
Nohea S. K. Robinson-Black | 13
Connie Renee Whitener
Marvin Eugene Campbell, Jr. | 23
Keona Anahoi Rocero
Linda Kay Jones |
| 4
Aaron M. Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis
Mary Elena Cruz | 14
Sheena Marie Lewis Glover | 24
Miguel Jordan Saenz-Garcia
Mini Marie Gamber |
| 5
Christopher Wade Stewart
Lametta Mae LaClair
Two Hawks Krise Young | 15
Ashton Ryder Coble
Jesse Raymond James
Kayla Marie Scelopin Peters
Theresa Maiselle Bridges | 25
Adonis Micheal Bradley
Jace L. Merriman
Margaret Catherine Henry
Percina Erin Bradley |
| 6
Lincoln L. Villanueva
Moses Elijah Kruger
Samantha Elizabeth Ackerman
Sherry Lynn Haskett | 16
Imalee Rose Tom
Shelby V. Riley | 26
Dakodah Delaney Vigil
Jayda Evelyn Leigh Hawks
Myeisha Marie Pearl Little Sun
Robert Charles Lacefield |
| 7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa Rose Dawn Whitener
Zachery G. Clark | 17
Barbara E. Cleveland
Charlotte Sky Bradley
Leanora Christine Krise
Tristan Isaiah Coley
Whitney Amber Jones | 27
Alohna J. Clark
Amanda R. Salgado
Cheryl Rae Melton
Emily Ann Baxter
Guy Tatum Cain |
| 8
Francis Arnold Cooper, Jr.
Melanie Evelyn Sequak
Meloney R. Hause
Patti Lee Riley
Shila Mae BlueBack | 18
David Norman Dorland
John A. Ackerman
Lorna Lee Gouin | 28
Eva Alexandra Rodriguez
Rebeckah Jeanette Ford |
| 9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham
Jazmin Victoria James | 19
Emily Ruth Whitener | 29
Sharleina E. Henry |
| | 20
David Micheal Bear Lewis
Jadha Ann James
Leonard William Hawks, III
Santana Lee Mesplie-Sanchez | 30
Buck Gene Clark, Jr. |
| | | 31
Alicia Ilene Obi
Brandon Lee Stewart
Nikolai A. Cooper |



Aletta & Elias off to Work





Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Arnold Cooper, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	Whitney Jones	Tammy Ford	March, April, May
Explorers Program Committee	Jim Peters	Rene Klusman	
Fireworks Committee (TC 6.04.040)	None		May and June
Gathering Committee	Charlene Krise	Rhonda Foster	Not yet determined
Law Enforcement Committee, Law and Order	None	Kevin Lyon	Not currently meeting
Veterans' Committee	None	Glen Parker	
Budget Commission	Vicki Kruger	Kris Peters	June and August
Business Administration Board (TC 6.24.010)	None		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	David Lopeman	
Museum Library and Research Board	David Lopeman	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	
Island Enterprises Board	David Lopeman	Dave Johns (Acting)	



What's Happening						
1	2	3	4	5	6	7
			Elders Committee	Utilities Commission Family Court	Blood Drive Housing Commission	
8	9	Hunting Committee Enrollment Committee Criminal/Civil Court	11 Golf Advisory Committee	12 Tribal Council	13 SPIPA Board of Directors Education Commission	14
15	16	17	18 Gaming Commission	19	20	21
22	23	Criminal/Civil Court Tobacco Board of Directors	25	26 Tribal Council	27	28 Winter General Body Meeting
29	30	31	Smoking Cessation Classes Tuesdays (Adult 5-7) and Wednesdays (Adult (noon)) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group - Tuesdays AA & ALANON - Wednesdays			



Elders Menu . . . Fruit and salad at every meal

2nd - 5th

MONDAY:
Closed

TUESDAY:

Baked potato soup,
chicken salad sandwiches

WEDNESDAY:

Burger dips, potato wedges

THURSDAY:

BBQ ribs, mac-n-cheese,
baked beans, biscuits

9th - 12th

MONDAY:

Bratwurst, potato salad

TUESDAY:

Italian sausage & potato soup,
garlic flat bread

WEDNESDAY:

Chalupas

THURSDAY:

Beef enchiladas, Spanish rice,
refried black beans

16th - 19th

MONDAY:

Pot roast, mashed potatoes and gravy,
corn, rolls

TUESDAY:

Minestrone Soup,
grilled cheese sandwiches

WEDNESDAY:

Indian Tacos

THURSDAY:

Casino Buffet

23rd - 26th

MONDAY:

Chicken pot pies

TUESDAY:

Taco soup, turkey wraps

WEDNESDAY:

Spaghetti, garlic bread, mixed veggies

THURSDAY:

Pork loin, twice baked potatoes,
corn on the cob

30th - 31st

MONDAY:

Sausage & pasta bake, peas & carrots,
biscuits

TUESDAY:

Chicken noodle soup,
ham sub sandwiches



Committees and Commissions Listed on Calendar

Committee and Commissions

Aquatics Committee
Elders Committee
Enrollment Committee
Fish Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Child Care Board of Directors
Tobacco Board of Directors
Utilities Commission (TC 11.08.010)
SPIPA Board of Directors



Council Rep.

Arnold Cooper
Whitney Jones
Charlene Krise
Vicki Kruger
Jim Peters
Arnold Cooper
Vince Henry
Jim Peters
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Jim Peters
None
Arnold Cooper

Staff Rep.

Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
BJ Whitener
Richard Wells
Bert Miller
Ray Peters
Teresa Wright
Kathy Block

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
2nd Tuesday
2nd Wednesday in March, June
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
2nd Friday
3rd Wednesday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



Thursday • Jan 12th

Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Jan 13th Daubin' in the Dark Black Light Bingo

Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Jan 14th

Doors Open 9am | Early Birds 11:30am | Session Starts 12pm

Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Jan 15th

Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Bring a canned food item to receive a
FREE Level 1 (3-on) themed pack**

**All Level 3's Payout
\$1,199**

LITTLE CREEK
CASINO • RESORT
LITTLECREEK.com

*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions! *Ages 21 and over only for 8:30pm session
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.
Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials